

Name:

Date:

Instructor:

**UMMSM Essential Physical Examination  
CHEST / PULMONARY EXAM  
Level ONE and Level TWO Benchmarks**

**Instructor instructions:** Please instruct the student to perform these selected portions of the essential physical exam. Please check the appropriate box ("P" or "R") for each step of the exam. Certification requires correctly performing all aspects of the highlighted maneuvers.

"P" = skill performed **properly and completely**

"R" = needs **remediation or has improper technique**

**No check means the skill was not performed**

rev 7/27/2015

<b>Professionalism</b>	<b>Comments (Refer to Item #)</b>	<b>P</b>	<b>R</b>
1. Washes hands before encounter <i>Instructor: Please prompt student to wash hands <u>prior</u> to beginning competency testing, if not initiated by student</i>			
<b>Level 1 Benchmarks</b>			
<b>Pt sitting, examiner in <u>front</u></b>			
<b>Chest-Anterior</b>		<b>P</b>	<b>R</b>
2. Inspects thorax <i>Instructor: Student should observe the shape of patient's chest and movement of chest wall; inspect for deformities or asymmetry</i>			
3. Percusses lungs <i>Instructor: Student should percuss anterior chest, inferior to the clavicles, comparing both sides</i>			
4. Auscultates apices/anterior chest <i>Instructor: Student uses diaphragm to listen to at least 2 paired locations anteriorly; uses bell to auscultate apices</i>			
<b>Pt sitting, examiner moves <u>behind</u></b>			
<b>Back</b>		<b>P</b>	<b>R</b>
5. Inspects thorax <i>Instructor: Student should evaluate posterior chest for deformities, asymmetry, impaired respiratory movement, &amp; abnormal retractions</i>			
6. Palpates trachea <i>Instructor: Student should feel for any deviation</i>			
7. Percusses posterior/lateral chest <i>Instructor: Student should percuss posterior &amp; lateral chest side to side in 3 paired symmetrical levels posteriorly &amp; 1 paired level laterally; to percuss, student strikes middle finger of 1 hand with middle finger of other hand (using wrist motion)</i>			
8. Auscultates lungs <i>Instructor: Student should use the diaphragm to auscultate from side to side <u>underneath</u> gown; posteriorly (x3) and laterally (x1); patient should be instructed to breathe deeply through open mouth</i>			
<b>Level 2 Benchmarks</b>			
<b>Pt sitting, examiner moves <u>behind</u></b>			
<b>Back</b>		<b>P</b>	<b>R</b>
9. Assess for tactile fremitus in the posterior lung fields <i>Instructor: Student should use the ball or ulnar surface of both hands to detect palpable vibrations through chest wall, simultaneously comparing both sides; patient is asked to say "99."</i>			
10. Assess for egophany in the posterior lung fields <i>Instructor: Student should ask patient to say "ee" while listening the posterior lung fields from side to side; listens for sound change to "a."</i>			
11. Assess for whispered pectoriloquy in the posterior lung fields <i>Instructor: Student should ask patient to <b>whisper</b> "99" while listening to the posterior lung fields from side to side; listens for audible whispered sounds.</i>			
12. Assess for bronchophony in the posterior lung fields			

*Instructor: Student should ask patient to say "99" while listening the posterior lung fields from side to side; listens for louder, clearer voice sounds.*

**General comments / overall impressions of this student's performance.**

